

# Installing the Balanced Body® Konnector™ LITE

The Konnector LITE is compatible with Balanced Body Studio Reformers with wooden risers and removable shoulder rests ONLY. If you aren't sure whether this system will work with your equipment, please contact Balanced Body at 1-800-PILATES (US and Canada), or +1-916-388-2838 (all other countries).

## TOOLS REQUIRED (NOT INCLUDED):

- » 7/16" wrench or socket (recommended)

## PARTS LIST (INCLUDED):

ITEM	PART NO.	QTY
Konnector LITE Rope	210-056	1
Pulley Assembly	950-039	2
Tri-Loops (Black)	210-055	2
Hair Guard	616-187	1
1/4" Fender Washer	GEN9952	2
1/4" Washer	GEN9305	2
1/4-20 Nylock nut	GEN9021	4
5/32" Allen wrench	GEN9282	1
TwistLock™ Flanged Shoulder Post	616-401	2
1/4-20 x 1-1/2" Flat head Screw	GEN7314	2
1/4-20 x 3/8" Button Head screws	GEN9943	4
Left Pulley Bracket Assembly	N/A	1
Right Pulley Bracket Assembly	N/A	1
Bolt/Washer/Nut Assembly	N/A	2

**WARNING:** Using the existing shoulder posts with a Konnector system can cause the loops to fall off the posts during use which may cause injury.

## REMOVE POST AND SHOULDER BRACKETS

1. Unthread each post from the shoulder rest bracket by hand and completely remove them from the shoulder rest bracket. You will no longer need them. Remove the shoulder rest bracket from the carriage. Repeat on the other side.
2. Using the provided Allen wrench, remove the two flat head screws as shown in Figure A. Replace these two removed screws with the two flat head screws (1/4"-20 x 1-1/2" long) provided.

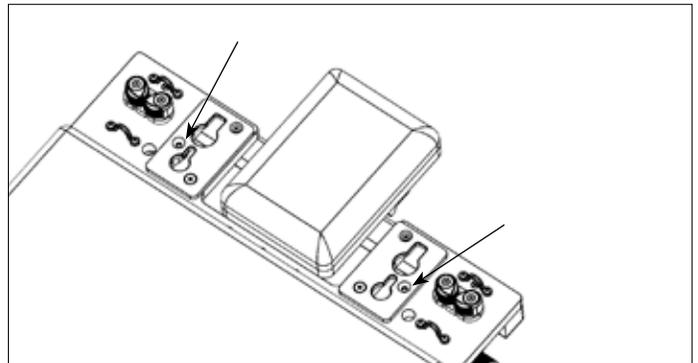
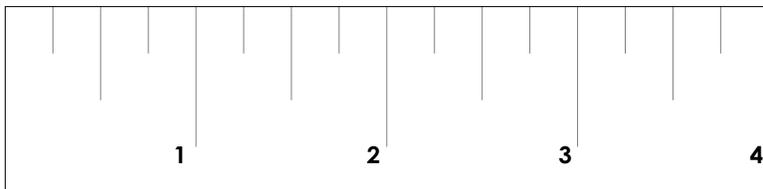


Figure A

**WARNING:** If you are only using some of the loops, the unused loops **MUST** be stored on the flanged shoulder posts.



## INSTALL THE HAIR GUARD AND CARRIAGE PULLEY BRACKETS

1. Bolt the hair guard to the two carriage pulley brackets using the 1/4-20x3/8" long flanged button head screws. Make sure the threaded holes are facing inward, and the hair guard is aligned as in

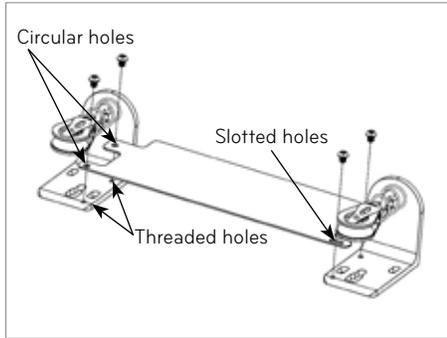


Figure B

- Figure B. Fully tighten the bolts that are through the circular holes in the hair guard, and finger-tighten the bolts that are through the slotted holes.

2. Unhook all of the springs from the springbar. Remove the rope from the cam cleats and carriage. Lift the carriage out of the frame, turn it upside down, and rest it across the Reformer frame with the underside facing up.

3. Align the hair guard and pulley bracket assembly with holes on the underside of the carriage as shown in Figure C. Make sure the pulleys point toward the headrest. Install the 1/4" fender washer and 1/4"-20 nylon nut over the screw that protrudes up in to the pulley bracket. Finger tighten. Repeat with the other carriage pulley bracket. See Figure F for a finished view.

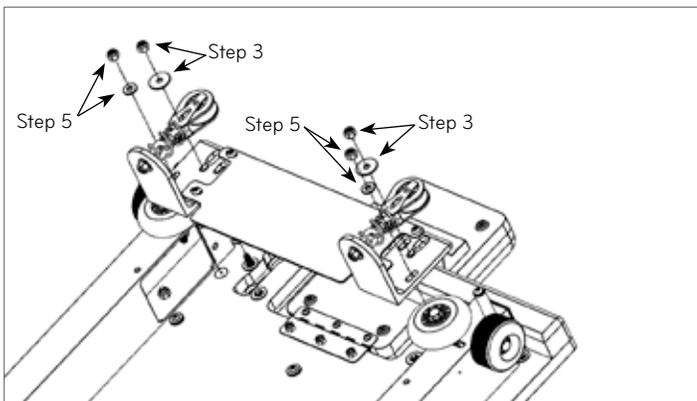


Figure C

4. Find the pre-assembled bolt, washer and nut (Figure D).

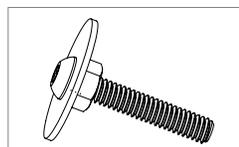


Figure D

5. Put the bolt with washer and nut into the 5/8" hole (where the original rope passed through) from the padded side of the carriage (Figure E). It should slide through a slot in the carriage pulley bracket (refer back to Figure C). Apply a 1/4" washer and nylock nut under the carriage and finger tighten. See Figure F for a finished view.

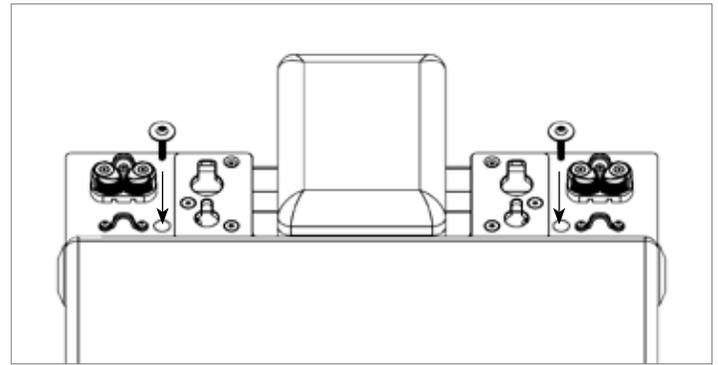


Figure E

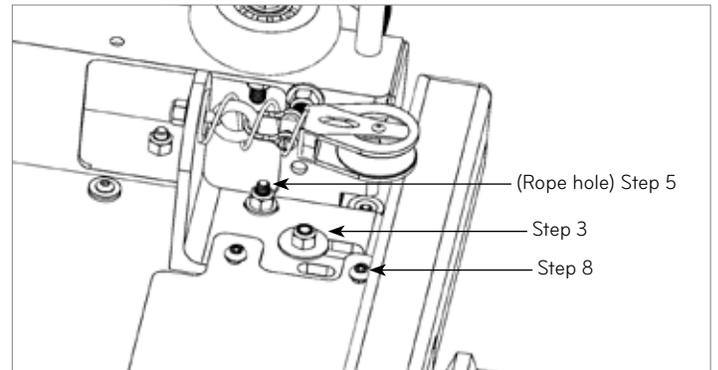


Figure F

6. Repeat steps 5 and 6 for the other carriage pulley bracket.
7. Make sure the front edge of the carriage pulley bracket is flush along the edge of the wooden beam on the carriage. Tighten all nylock nuts with a wrench (socket wrench, preferred) to secure the brackets in place.
8. Tighten the 4 button head screws to secure the hair guard to the pulley brackets.
9. Turn the carriage back over onto its wheels and place it on the rails with the headrest toward the risers.
10. Make sure the springbar is in the position closest to the foot end of the reformer ("first gear"). Attach at least one red spring to keep the carriage in place.
11. Install the shoulder rests back onto the carriage by sliding them into the slots and away from the carriage pad.
12. Install new flanged shoulder posts onto the protruding threads of the shoulder rests. Turn the flanged shoulder posts clockwise to tighten. Hand tighten so the shoulder rest does not move. Repeat on the other side. See Figure G.

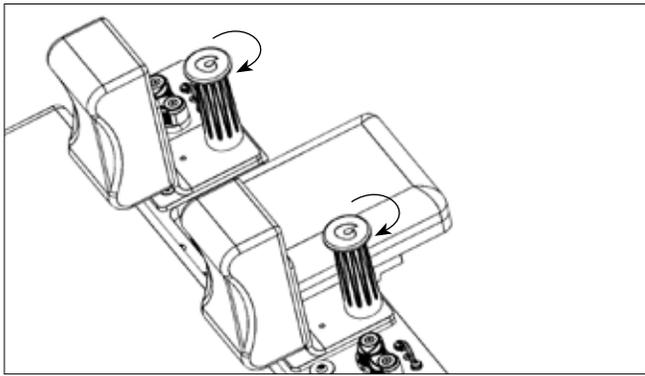


Figure G

### INSTALL ADDITIONAL PULLEYS ON RISERS

1. Unthread both ropes from the pulleys. Set them aside, you will no longer need the ropes or loops.
2. Slide the existing pulleys to the top of the slot in the riser by loosening the black knob and then re-tightening in the desired position (Figure H).
3. Take one of the pulley assemblies and remove the knob and one washer from the eyebolt. Insert the eyebolt and pulley assembly through the slot in the riser so the pulley faces the carriage, and then thread the washer and black knob onto the eyebolt from the back of the riser. Before tightening completely, slide the pulley assembly to the very bottom of the slot, then secure in place.

**WARNING:** Be sure to tighten the knobs completely to prevent them from sliding along the slot when under load.

### INSTALL ROPE AND LOOPS

1. Thread one end of the rope through both pulleys under the carriage and pull the ends evenly toward the risers.

**IMPORTANT SAFETY NOTE:** Use of the Konnector system in a manner for which it is not intended may result in equipment damage and/or injury to the user. Intense cardio work utilizing jarring movements may overload the system. Balanced Body is not responsible for injuries caused by misuse.

**WARNING:** Using the existing shoulder posts with a Konnector system can cause the loops to fall off the posts during use which may cause serious injury.

Questions? Call Balanced Body Technical Support at 1-800-PILATES (US and Canada) or +1-916-388-2838 (all other countries).

2. Take one end of the rope and thread up through the lowest pulley on the riser. Continue threading the rope up through the upper pulley on the riser and pull toward the carriage (Figure H). Repeat on the other loose end of the rope.

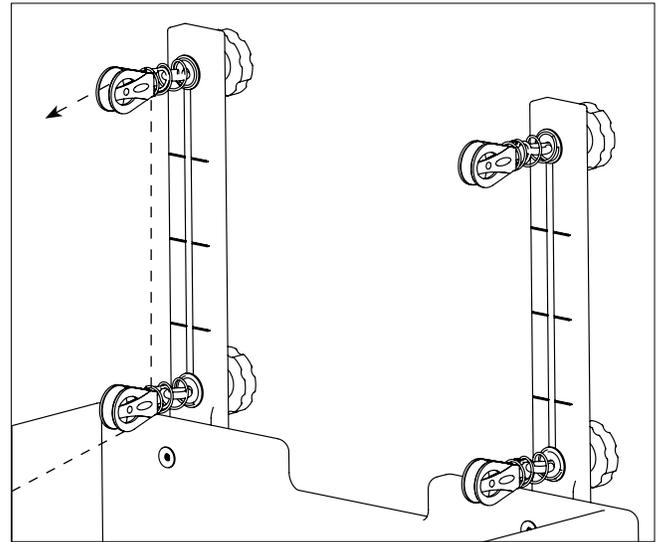


Figure H

3. Using a Soft-Touch connection (Figure I), secure each end of the rope to the D-ring on a black Tri-Loop. You are now ready to use the Konnector LITE!

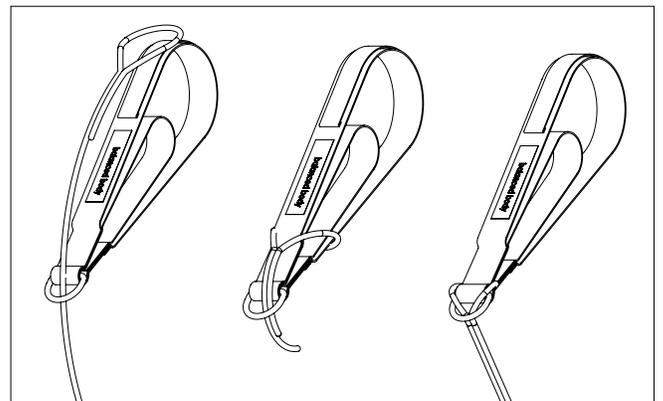


Figure I

